



Discourse and Meditation on the Middle Way of the Buddha

DHARMA SUBHASHITA (Thubten Lekshey Ling) conducts a discourse by Khenchen Pema Sherab Rinpoche on the Middle Way Teachings along with guided meditations.

July 7, 2009 - [PRLog](#) -- Khenchen Pema Sherab Rinpoche, one of the senior most living scholars of the ancient school of Tibetan Buddhism, will be giving a discourse in Bangalore on the 12th of July. Rinpoche will speak on the Middle Way, the heart of the Buddha's message. Rinpoche will also teach the four essential meditations of the Middle Way. Dharma Subhashita Indo-Tibetan Buddhist Meditation & Study Centre is conducting this program at Ashirvad, St. Marks Road.

"Friend or foe, acceptance or rejection, self or no-self, self-gratification or self-mortification, theism or atheism - thus we usually drift from one extreme to the other. The Buddha taught the Middle Way, free from the traps of all such extremes. It is a path of clear discernment beyond dogmas. It is a path of skilful method conjoined with wisdom. The Middle Way is both a balanced way of living the daily life and a way to explore deeper into our own true nature and our interconnectedness with the rest of the world", said the spokesperson for Dharma Subhashita. Rinpoche will elucidate the Middle Way of the Buddha and its relevance both in daily life and in the journey to awakening. Rinpoche will also touch upon the Great Middle Way Doctrine of Emptiness - the profound view into the nature of reality.

Time & Venue

12th July 2009, Sunday

3:00pm to 6:30pm (with a break from 4:30pm to 4:45pm)

Xavier Hall, ASHIRVAD,

#30, St. Marks Road Cross,

Opposite SBI, St. Marks Road,

Bangalore

Khenchen Pema Sherab Rinpoche is the senior most living Khenpo of the ancient (Nyingma) school of Tibetan Buddhism. He was born in Tibet and studied under various masters like His Holiness Dilgo Khyentse Rinpoche, His Holiness Dudjom Rinpoche and His Holiness Penor Rinpoche. In 1968, His Holiness Penor Rinpoche invited him to Bylakkupe in Mysore to establish the Ngagyur Nyingma University, the largest centre of philosophical education for the ancient school of Tibetan Buddhism. Most of the new generation of masters of Nyingma Buddhism were trained under his guidance.

Dharma Subhashita Indo-Tibetan Buddhist Centre (<http://www.dharmasubhashita.org>) was founded in 2008 to make the Indian Buddhist tradition of the Nalanda period and its most authentic continuum from Tibet accessible again in India.

Please contact info@dharmasubhashita.org for details

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DHARMA SUBHASHITA (Thubten Lekshey Ling) is an Indo-Tibetan Buddhist Meditation & Study

Center in Bangalore founded under the spiritual guidance of His Holiness Penor Rinpoche. We conduct meditation classes and spiritual discourses.

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Source Dharma-Subhashita
City/Town Bangalore
State/Province Karnataka
Zip 560037
Country India
Industry [Society](#), [Religion](#), [Lifestyle](#)
Tags [Buddhism](#), [Nyingma](#), [Madhyamaka](#), [Emptiness](#), [Middle Way](#), [Sunyata](#), [Meditation](#), [Bangalore](#),
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